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Survey Discloses

Why Freshmen Gain Weight

by Nancy Baker

IF you're a typical freshman, you'll gain 8½ pounds this year. Last year's freshman women gained from 2 to 25 pounds according to a dormitory survey.

"What seems to cause these extra pounds?" the women were asked.

Most of them immediately answered, "Eating between meals." Although not lacking in will power, they do admit they can't always resist the temptation to go into the Union Grill or College Bookstore and splurge. And, of course, on the week-ends there is a spread, while nibbling goes on continually throughout the week. It's easy to see why the pounds collect so quickly when you examine the quantity of food and drinks consumed between meals.

"Meet you in the Union" is a frequent greeting. The meeting may be not only a coke-date, but also include eating sundaes, malts, candy bars and sandwiches as well. Business at the Grill booms between the regular meal hours, and the most popular order is Coca-Cola. Thirsty students consume an average of 1,000 glasses a day.

Students who have a sweet tooth buy 144 candy bars per day. Gum chewers quickly snatch up the daily quota of this hard-to-get item, 60 packages.

Milk-fed is the key word to describe an Iowa State student. Milk maintains great popularity with 140 bottles sold each day. Frozen malts are in great demand; 90 gallons of the mixture are used daily.

Sandwiches are a popular item on anyone's list around noontime and in mid-afternoon. Ham, and egg salad sandwiches lead the favorites and cheese and peanut butter are equally popular.

As far as pie is concerned, apple rates tops with nearly everyone. About 40 pieces are eaten a day, and pie a la mode has a slight edge over plain pie. Other food consumed daily includes 34 bowls of soup and 28 fruit cups.

Students daily consume 15 gallons of ice cream in cones, sodas, sundaes and pie a la mode. A new addition to the ice cream family is the popular "Idiot's Delight." Over 120 of these concoctions are sold each day.

Rattled students quiet their nerves and drown their sorrows in cups of coffee—at least 800 a day. Thirty-six quarts of tomato and grapefruit juice appeal to the vitamin-conscious.

The College Bookstore presents a natural stopping place while walking between classes. Many students take advantage of this opportunity to provide themselves with supplies for the next class, or to linger and converse for a few minutes.

The Bookstore's weekly allotment of candy bars is quickly bought by customers with an average of 260 bars a day. Over a box of gum is sold daily.

Students don't seem to be conscious of the vitamins in fresh fruit. Only a small box of oranges are sold each week and there is no demand for apples.

Dixie cups and ice cream bars rate high in popularity

since they are easy to carry while walking between classes. Eleven dozen Dixie cups and 16 dozen bars are purchased each day.

Cold drinks remain the favorite Bookstore product. The demand for soft drinks is 180 bottles, and 90 bottles of milk are sold each day.

Besides these in-between-meal snacks at the Grill and the College Bookstore, the campus coed observes the traditional spread, which may be held at any time, on any occasion, just as long as there is food, and lots of it. Food served may consist of anything from crackers and innumerable varieties of cheese to freshly made fudge or marshmallows toasted over a hair dryer.

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